

TASK ANALYSIS
Backhand Pass

VISUAL DESCRIPTION: A student holds the hockey stick with TA form grip and with a sweeping motion pushes the puck back towards the target.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|---|
| <p>1. Ready position
 a. feet staggered
 b. knees bent
 c. weight equally distributed</p> <p>2. Grip: hands spread apart a forearm
 Length with dominant hand on bottom</p> <p>3. Line up puck with the back of the blade</p> <p>4. Push puck toward target</p> <p>5. Shift weight toward target</p> <p>6. Take stick toward target</p> <p>7. Follow through</p> <p>8.</p> | <p>Ready*</p> <p>Grip*</p> <p>line up puck</p> <p>Push*</p> <p>weight shift</p> <p>target*</p> <p>follow through</p> |
|--|---|

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: 3-5th, hand-eye coordination, tracking skills,

SKILL: discrete

ENVIRONMENT: closed, speed, time, size of target

CHECKLIST:

Student	Ready	Grip	Push	Target
1				
2				
3				
4				